

Grow Your Own Lettuce



Kit contains: Lettuce seeds and this plant log.

1. Plant the seeds.
2. Track the growth.
3. Harvest leaves.
4. Record your recipe.

You will need: a bit of soil in a sunny area. This can be the ground or a large container.



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Growing Instructions for Black Seeded Simpson Lettuce

Plant your seeds in a sunny area, and cover with $\frac{1}{4}$ inch of soil. Water to keep ground moist. Seedlings emerge in 7-10 days. When seedlings are 1-2 inches tall, social distance them so that they are 8 inches apart.

Lettuce matures fully in 45 days, but you may harvest leaves at any time.



Day 7

Plant Height: _____

Observations: _____

Diagram:

Day 10

Plant Height: _____

Observations: _____

Diagram:

Day 14

Plant Height: _____

Observations: _____

Diagram:

Day 21

Plant Height: _____

Observations: _____

Diagram:

Day 28

Plant Height: _____

Observations: _____

Diagram:

After Harvest

Make something delicious with your lettuce. Record your recipe here: